

## Claims

1. A disintegrant comprising a substance which is solid at room temperature and has a water solubility of 30 wt.% or more at 37°C, a saturated aqueous solution of the substance having a viscosity of 50 mPa·s or less at 37°C.

2. A disintegrant containing one or more substances selected from the group consisting of erythritol, trehalose, xylitol, and maltose.

3. A solid composition containing a disintegrant as described in claim 1 or 2.

4. A solid composition containing a disintegrant comprising a substance which is solid at room temperature and has a water solubility of 30 wt.% or more at 37°C, a saturated aqueous solution of the substance having a viscosity of 50 mPa·s or less at 37°C, wherein the amount of the disintegrant is 5-99 wt.% with respect to the total weight of the solid composition.

5. A solid composition containing a disintegrant containing one or more substances selected from the group consisting of erythritol, trehalose, xylitol, and maltose, wherein the amount of the disintegrant is 5-99 wt.% with respect to the total weight of the solid composition.